

Sensory Path

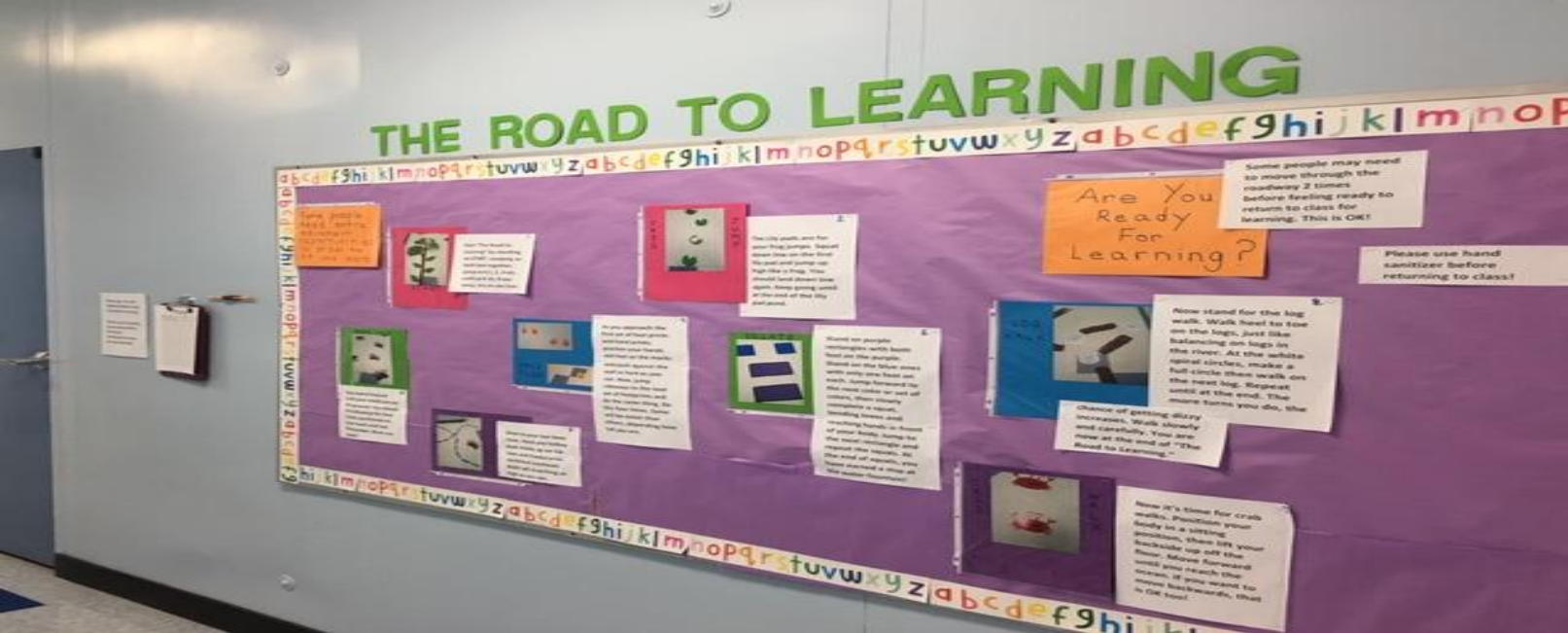
The Road To Learning



Sign Up Doc



Directions for Students and Staff



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THE ROAD

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Some people need extra movement opportunities in order to sit and learn.

START

Start "The Road to Learning" by standing on START. Jumping on both feet together, jump to # 1, 2, 3 etc. until at # 10. If too easy, try on one foot.

BEAR WALK

Now bend forward until your hands are on the ground. You should be following the bear tracks positioned on your hand and feet. Remember: Bears are quiet!

WALK PUSH

As you approach first set of footprints and hand prints, position your hand and feet on the mat and push against wall as hard as you can. Now, jump sideways to the next set of footprints and do the same thing this four times. So will be easier than others, depending tall you are.

WALK PUSH

Once to your last bear cave, stand and follow dash marks up on hip-tops and hands/arms stretched overhead. Walk tall stretching as high as you can.

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LEARNING

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Are You Ready For Learning?

Some people may need to move through the roadway 2 times before feeling ready to return to class for learning. This is OK!

Please use hand sanitizer before returning to class!

LOG WALK

Now stand for the log walk. Walk heel to toe on the logs, just like balancing on logs in the river. At the white spiral circles, make a full circle then walk on the next log. Repeat until at the end. The more turns you do, the more chance of getting dizzy increases. Walk slowly and carefully. You are now at the end of "The Road to Learning."

CRAB WALK

Now it's time for crab walks. Position your body in a sitting position, then lift your backside up off the floor. Move forward until you reach the ocean. If you want to move backwards, that is OK too!

WATER FOUNTAIN

Stand on purple rectangles with both feet on the purple. Stand on the blue ones with only one foot on each. Jump forward to the next color or set of colors, then slowly complete a squat, bending knees and reaching hands in front of your body. Jump to the next rectangle and repeat the squats. At the end of squats, you have earned a stop at the water fountain!

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Please sign in on the clipboard before using The Road to Learning.

Thank you for keeping quiet voices while in the hall as Kindergarten classes are busy learning!



Color Your Way To Calm



Steps For Implementation

- Teachers and staff are bringing classes to the road to model and pre-teach proper usage
- Direction board and a sign in sheet have been shared with students
- OT was available to support classrooms who needed more explicit instruction
- School expectations were shared at a staff meeting
- Ongoing monitoring of the sign in sheet

Benefits

At the elementary level, research tells us that movement helps children to be more focused and better able to maintain attention for learning

Some children need more movement than what is available to them during their classroom time- this offers more opportunity for students to move

The Color Your Way To Calm board supports our students and adults to help maintain mindfulness and a sense of calm for effectively carrying on their daily routines

Ultimate Goal

For students to recognize when they need to take a break from learning and use the Road to Learning as a tool for regulation and refocus, so they can have a successful day.